

THE SALT LAKE HERALD'S PAGE FOR WOMEN

FROM HEAD TO FOOT.

(By Beatrice Dowler.)

New York, Sept. 1.—In color, white predominates in summer, as was to be expected. Nevertheless, many well known ladies show a preference for light shades of other colors, such as rose and blue. These harmonious tones give an air of femininity to their wearers, and they certainly add to the innovation of color and to the pleasant gaiety which make the reunions of women so attractive to the other sex.

Fashion has decided that the handkerchief shall once more play a decorative part in the scheme of a woman's attire. Not only is it to be had in all manner of dainty colorings to match the gown, but the minute squares of lace and cambric, which are tucked into the front of the corsage, are brodered to match the broderie on the gown, or even in some instances the flowers in the hat. With a gown of pale yellow muslin, with which was worn a large hat of white tulle, I saw a tiny handkerchief which peeped out from the lace on the bodice, was of pale yellow and elaborately embroidered all over with a design of marguerites cleverly executed by hand.

Among the novelties in headgear at the present moment are the large "mob caps" fashioned of taffetas, which are simply trimmed with wide ribbon. These are very becoming to the majority of women, and are besides cool and light, the brims being invariably lined with another color or with a lighter shade of that of which the hat is made. As a matter of fact, the fashion for lining the new hats with colored silk is to be noted even in the case of the straw hats, the favorite colors used in this connection being pale pink and rose color, while black hats have often a lining of white silk.

Very lovely schemes are carried out in the embroidery designed to embellish the light garden party gowns. The most effective of these is an exquisite broderie of blue cornflowers on a gown of white batiste, the cornflowers, which are introduced on the front panel of the gown, being carried round the hem as well. The hat designed to accompany the gown in question is of white rice straw, trimmed with shaded cornflowers of exaggerated size.

Marabout plumes are very popular and most effective when allied to the large chapeaux of the moment. The vogue for ostrich feathers dyed in a multiplicity of different shades is, however, still predominant, and will be seen on numbers of the new autumn models.

The yachting cap happily differs very little from season to season in shape. I say happily, because, upon which it is designed have from the first been most symmetrical and entirely becoming; moreover, the cap is so nautical and trim that it suits the majority of faces extraordinarily well. But now and then the smart tailors produce slight variations, that mark a cap of this year from the one of last year's productions.

This summer, as well as serge, drill and plume, tussore being used for yachting cap crowns, and very light in weight and smart in appearance it is. A black peak is usually chosen for whatever cap is made.

THE BOLERO.

The bolero, the most familiar feature of present styles, is as much at home in one class of gowns as another, consoing with cloth or lace to equal advantage. The favorite of the hour with the girls is the separate little liner or lace jacket, which is used for the various afternoon get-ups. While the pick of these has gone from the stores there remain very attractive ones at very small prices. A good many girls, too, are making their own. To satisfy their desire for variety, the boleros have added stamper pattern boleros of fine lawn to their stock. They are stamped for shadow embroidery and, furnished with ribbon and lace, are easily contrived into natty accessories.

With a good pattern and patterns are plentiful—the dainty ribbon boleros are not difficult to make. Flowered ribbon set together with white lace insertion and black velvet ribbon, and the bolero is ready for use. The bolero is a very attractive one. The black velvet ribbon jackets are useful for breakfast and the veranda on chilly mornings. Lovely breakfast jackets, by the way, are also made of black velvet and lace.

A smart bolero suit of pastel blue cloth has revers, collar and cuffs of cream-colored moire, which are decorated with scalloped discs of lace. The revers are caught back with lozenge-shaped slit buttons. Glinting between the fronts of the jacket is a little low-cut waistcoat of cream-colored moire trimmed with a slender lace design in guipure. The waistcoat closes with small gilt buttons. The bolero is fastened on the shoulder and again at the waist, where it is met by three bands of its own material. These bands, rounded at the ends, run the length of the bolero, and are shaped and belted at the waist. The full sleeves end below the elbows, where they are fastened to fit the arms and are furnished with turn-back cuffs. The skirt that accompanies the bolero is strapped at the foot to carry out the strapping scheme of the coat.

A cinnamon-colored cloth skirt has a whimsical little bolero which is shirred at the shoulders and waist. A waistcoat of the cloth, which is cut very low, has a spade-shaped double-breasted piece at the front with four big mother-of-pearl buttons. The waistcoat above this spade-shaped piece is rolled back and faced with cream-colored satin embroidered with gold braid. Inside the edge of this waistcoat is another narrow one of cream-colored satin.

THE GIRL YOU WOULD LIKE TO BE.

Does any one know when middle-age begins? Yesterday I was on my way to see one of my most delightful friends. I know this woman has a son of 30, and once when I chanced to pick up the family Bible I saw that her birthday was a good long time ago, almost fifty years. As I approached her hotel, I noticed a small figure with a beautiful mane of golden hair. This young girl must have been about 15. The hair was so beautiful that I turned to look at the face. Talk about middle-age! Here was a face as hard as granite, a chin in the sternest, most severe lines; the eyes were hard and calculating, and without illusions. I hastened to see my friend, and found her in bed, with her brown hair beautifully coiffed, her face absolutely unlined and a sparkling, sympathetic expression that seems to give to it a look of perpetual brilliant youth. As she lay abed, resting from a very tedious journey, surrounded by books, flowers and other evidences of her affection for her friends she certainly would not have wanted to change in any respect with the "middle age" girl of 15, who seems hardly to have a future before her so hard and worldly-wise is her little face.

I have the good fortune to know a great many women around and over 50 years of age who seem under 30, and what is more, who look to be in the very height of beauty. But then I also know middle-aged children and some young women of 25 who by rights of looks and points of view belong in homes for the aged.

The point of view you take toward coming years is more important than anything else. If you intend to keep young, you must learn to take time when people will have learned to care for themselves so sensibly and so rationally that most of the fear of old age will be groundless. At present, however, you still see the woman of 30 watching out for gray hairs or saying with that air of finality, "Yes, I'm getting older every day." This bromide remark is so obvious that one wonders why it is said at all, and it is the duty of the woman who wishes to stay young to put such phrases on her index expurgatorius at once.

Of course, each one of us is growing older every day, old experience, wiser and we should also be growing happier, for experience should teach us the road to happiness. But unfortunately the majority of people do not do this. Experience, and the chief cause of what we call old age, is the unpleasant characteristics which we ascribe to it as due to the absolute disregard mortals have for the welfare of this much-abused and faithful machine, the human body.

You will constantly hear women saying: "Oh, I can't do that any more! I used to be able to work all day, dance all evening, and be none the worse for it, but I'm getting old." The reason that we cannot do as much in middle age as we do in youth is because we are constantly wearing out or using up our physical endurance, without getting any new supply of energy coming from the different elements of the vigor of youth.

PARIS AT THE RACES.

(By Madame Hydrone.)

Paris, Sept. 1.—Most of the fashionable people of Paris have been at Trouville-Deauville, for it is supposed to be very "chic" to show oneself there during the races, which always attract large crowds. That meeting is always the occasion for a great display of fashionable and superb toilettes. Already many notables of Parisian society have been seen on the most select resorts, such as the Rue de Paris and the famous Planches. Among the prettiest and most remarked of them is the Viscountess de Tanze, whose beauty is the talk of the town, while her dresses, masterpieces from the Rue de la Paix, are the envy of all the ladies who see them for their harmony and originality. The other day she was wearing a black dress of fine tulle, which moulded her form like a statue, and of which the corsage was cut large to show a chemise of Chantilly lace with a bunch of passion roses. A bouquet of similar flowers ornamented the hat, which was black, very large, and of eighteenth-century style. She also much favors long veils, which she allows to fall over her face, draping them under the bust in a fashion quite her own. Much admired also is Madame Henri Letellier. One of her favorite robes is in white tulle, the skirt having two frills, which relieve each other in dentellated design, festooned all around. The lace shows a lace of their decorated motifs, recalling the time of the First Empire—crowns of laurel and swarms of bees. The corsage is of linen, all in small pleats of lingerie, relieved with Valenciennes, which was black, very large, and jacket, very low cut both before and behind. Two exceedingly large buttons, or what may rather be called motifs or ornamentation, fasten this garment at the back, and around a foot of it Irish lace is seen. This toilette was accompanied by a hat of green taffetas, decked with dark green feather—so dark, indeed, as to be almost black. The sunshade was also green. Louisa Taffetas is very popular just now for hats. It is prophesied, and there are good reasons for believing, that this popularity will continue not only all through the autumn, but during winter as well. Set out with narrow ribbons, and trimmed with a long and drooping feather, nothing can be prettier for hats, and certainly nothing can go so well with the complexion. For garden parties and tennis, hats are also made of pleated taffetas, in shades of blue, light rose, or even white, making a sort of "cloche," very attractive indeed.

As showing quite a novelty in this line, I will describe a "chapeau" Louis XVI in white straw, with a crown in beret shape of white embroidered tulle, and much trimmed with chiffon. A scarf of sky-blue satin is made into a bow at the back, under a border of light shell. Another taffetas hat of old rose color, is in vogue. It is trimmed with two superb feathers, one white and the other with just the slightest shade of rose in it, the two producing a delicate harmonious effect. The young Baroness Edouard de Rothschild (nee Halphen) was wearing the other day a hat exactly similar, with the only difference that it was white and gray.



Massage for Bent Shoulders.

talities which we need. Take, for instance, that much-abused organ, the stomach. While one is growing it requires a large supply of nutriment, which of itself it would not demand after the growth is accomplished. But despite this very obvious fact, people go on eating quantities of food which they do not need. At first the healthy stomach puts up a brave fight to assimilate and digest the food which it does not need. Years of overwork of the digestive organs naturally undermine their strength, and overeating, as the great scientists have found, is at the root of most of the complaints which we characterize as belonging to the advancing years.

Corona, an Italian nobleman, who made the science of living his pet study, thought that as he grew older he required less and less food; that the best foods for him were such as contained only nutriment and very little waste matter. He lived to be 100, and at the age of 90 wrote his celebrated book on diet for old age, which outlines clearly his "living." His diet was so ordered that the system only such material as was needed to replenish the waste vitality and strength used up during the day.

The first thing, then, for a woman to do who is determined to remain young is to make up her mind that she will not fear the coming years; that they have in store for her pleasures and interests of which the younger years were barren. Filled with this interest, let her make a careful study of what her diet should be, in order to nourish the body without giving it extra work.

HOW TO KEEP SHOES WELL GROOMED

It is a remarkable fact that many a woman who is otherwise well groomed wears footgear that is shabby and absolutely disgraceful looking. "I always judge a woman by the appearance of her feet," said a man, one of those observant persons who is critical to a degree. "She may have on her newest hat and her best tailor-made frock, her hair may be perfectly arranged and her gloves immaculate, but if she wears shabby shoes the effect of her good clothes is entirely lost so far as an impression is concerned."

Another queer thing is that the women who can least afford to buy new shoes are the very ones who are careless about their old ones. For the women in moderate circumstances who wear shoes in good condition requires work, and plenty of it, but on the other hand, there is no part of the feminine wardrobe the care of which so generally repays the effort.

The life of a pair of shoes can be lengthened by the care taken of them, or rather, it is regulated by that care. Shoes that are treated with any consideration at all will last twice as long as those that are knocked about any old way, and will look infinitely nicer while they are lasting. Too.

The first thing to do in making a pair of shoes wear well is to get a good pair of shoes. A pair of shoes that are not well made will not last long, no matter how well they are cared for. The next thing to do is to get shoes that are well made, and to use them, putting the shoes on them every time they are taken off and as soon as they are taken off. Not spasmodically, so that the shoes are carefully treed one week and left treeless the next. Trees absorb any dampness that may be in the leather, preserve the shape of the shoe, smooth out wrinkles, and put off the evil day of cracks. They may seem a bit expensive at first, but they are well worth buying, and once bought they are always useful. Fortunately the fashion in shoe trees does not change.

EXPENSIVE ITEMS OF THE SUMMER WARDROBE

We have become quite accustomed to the fact that our glove bills must be considerably larger now than in the past, but it will only dawn upon many women in the course of a speedily arriving moment that their veil expenses must be greatly increased. Veils are being more elaborately planned, and in consequence are very expensive.

One lovely fraise colored lace veil has an ending of goffered net, and another shows an amber effect in various shades of green. Though we are to pretend to wear them over our faces, it is to be molish to throw the veil back over the hat, with apparent carelessness, and that is why colors are so much in request.

BY KATHERINE MORTON.

BEAUTY—MIDDLE AGE.

THIS POOR CREATURE LIVES HER LIFE IN A NARROW DOOR, BEARING THE OUTWARD SIGNS OF A HEAVY BURDEN OF INWARD TROUBLES.

THESE ARE CONSCIENTIOUS WRINKLES. THIS WOMAN TRIES HARD TO DO RIGHT.



afford that, different bending exercises and neck movements were tried through until all the muscles were limbered again, and the lump was absorbed.

The next thing that faces the middle-aged woman in her fight for youth is the question of hair. Shall she or shall she not have white hair? Shall she or shall she not go through the fearful stages of gray, yellowish and multi-colored locks that precede the white hair, so becoming to both youthful and middle-aged faces? That is a question each woman must solve for herself. If she wishes to dye her hair she certainly has a perfect right to do so, though she will soon find out that it is not only slavery, but is often the cause of unpleasant comment. Very often the natural color can be restored to the hair by scalp massage, a clean stimulation which this produces is sometimes capable of bringing back or rather of producing the color pigments in the hair. Where, however, the hair can be restored in this manner and the woman insists on having the locks of her youth, this physician's prescription may aid her:

Sugar lead, ½ ounce, fac sulphur, ½ ounce, essence of bergamot, ½ ounce, alcohol, ½ pint, glycerine, 3 ounces; tincture of cantharides, ½ ounce; ammonia, ½ ounce. Mix all in one pint of soft water. Apply to roots of the hair, which must be clean, and the hair will soon find out that it is not only slavery, but is often the cause of unpleasant comment. Very often the natural color can be restored to the hair by scalp massage, a clean stimulation which this produces is sometimes capable of bringing back or rather of producing the color pigments in the hair. Where, however, the hair can be restored in this manner and the woman insists on having the locks of her youth, this physician's prescription may aid her:

Personally, I always believe that a home-made dye is only to be used as a last resort. If you can afford it, by all means have your hair touched up by a specialist. If necessary, economize on something else. If the hair is turning gray and has a rusty look to it, after

A TOUCH OF REAL LIFE—NOT ACTING

Speaking before the Professional Woman's League on "Acting—Various Kinds," John Sherwin Crosby said he hoped the world would come—and he believed it would—when acting would be made a part of the system of public education.

"I was glad," he said, "to see that Mrs. Emmons Blaine of the Chicago school of drama, who would rather have to paint it than to act, was brought up. I feel the same way. I would like to see every public school equipped with a little stage and the teachers assigning parts to the pupils and giving them a chance to act. I think that the amateur actor, and what an impetus it would give to the whole great art of acting."

"I know some amateur actors," pursued Mr. Crosby, "who would rather have to paint it than to act, was brought up. I feel the same way. I would like to see every public school equipped with a little stage and the teachers assigning parts to the pupils and giving them a chance to act. I think that the amateur actor, and what an impetus it would give to the whole great art of acting."

One of the pleasant parts of the address was when, expanding into a confidential vein, the speaker dilated on his own theatrical experiences out in Kansas with dear 'Gene Field thirty years ago. "I was a chance actor with two babies before I gave up my theatrical dream," he told the audience. "I was a high school teacher. It was said of me that more actors than clergymen graduated under me, and I guess that was so. At any rate, three of my pupils afterward became well known actors."

"Gene Field and I organized a little company and we gave plays in all sorts of places. Sometimes we would board over the pews in a church and present a play there. One hot July day we played 'Othello,' but it wasn't my fault, ladies," added the speaker apologetically. "There was young Mrs. Sawyer, she thought he could play the part of Iago—and he did. And I played Othello. I can feel the burnt amber running down my cheeks now."

"Oh, was a wonderful schoolmaster," Gene Field said, and he ought to know, for he married one of my pupils. Julia was a sweet girl. I can see her now patting up to my desk with 'Please Mr. Crosby, will you let me get ten minutes to 4 this afternoon?'"

"Why, what is it, Julia?" "Oh, you know, Mr. Crosby," Gene Field wanted to take me driving down 'Lovers' Lane.' "But the acting that goes on off the stage—that, Mr. Crosby declared, was far more interesting than much that goes on on it. "We're all actors—even the clergymen who tell us that a lovely place is the next world is, and take such pains to keep out of it as long as possible. In fact, you can't tell who isn't acting. But depend on it, it's bad acting not to make the best of things. Act happy, if you aren't. Act as if you had \$5 if you haven't a cent. And when you see a fellow actor looking sad, don't say, 'Oh, John, how ill you're looking,' but slap him on the back and say, 'John, you're looking bully.'"

WATER AND SOAP DO WORK.

Clean linoleum floors with lukewarm water and soap. Don't sweep them. Don't put on oils during summer time. They make the linoleum sticky and unpleasant to walk on, and incidentally hard for the housewife to keep clean, for when the surface is slightly gummy dust accumulates and is difficult to even scrub off.

Because they are easily cared for, linoleum covered floors are preferred by the average housekeeper, for the labor of sweeping carpets is unnecessary, and the work of polishing and rubbing waxed or shellacked boards is not needed, as the only treatment essential for this material is a good scrubbing with soap and water.

Lukewarm water should always be used for this washing, and the soap should be selected with care, for none but the purest kinds can be used without injuring the material and fading the colors. Toilet soaps, such as castile and white, are best. Laundry soap, of any kind containing either lye or potash, is bad and should not be used.

Scrubbing is necessary once a week, and if the apartment is much used and the floor gets dirty, washing twice a week is not too often, for gritty dirt if not removed cuts into the linoleum and in time wears it, so that cleaning is essential in preserving this covering as well as in keeping it sanitary.

JEWELED HAIR COMBS.

There are so many women who seem quite unable to do their hair without some sort of side and back combs, and though so many varieties have been worn in the past few years, until all possibilities of new ideas seem to be exhausted, rather an attractive notion is to have a set in dark tortoiseshell set along the top with two very fine rows of tiny brilliants, and between them a line of whatever particular precious or semi-precious stone you may fancy. When matched with or contrasted with the color of the hair, these combs can be distinctly pretty. On an amber-haired woman topazes are combined with diamonds (cut square, by the way); with auburn hair, redish diamonds, or (singuliere stones) with white emeralds or amethysts look lovely, and olivines with dark tresses. In a particularly bright shade of copper-red hair, ivory can be successfully exploited. These combs look best when the stones are set quite straight or in slightly curved lines.

SHOULD BE ELECTROCUTED.

(Chicago News.)

"What do you think of that painting?" asked Mrs. Neurich, pointing to a recent art purchase. "I think," rejoined the critical friend, "that hanging is too good for it."

WISE FASHIONS FOR WEE FOLK

(By Sophia Geanerey.)

London, Sept. 1.—Upon the question of the nursery outfit depends so much of the enjoyment of all outings that no amount of attention is too great to devote to the subject.

The ideal year for the sands of the seashore is represented by serge or stockette knickers with flannel or cotton blouses, or in lieu of these, the ever-popular jersey, which can always be safely recommended. Such attire is equally suitable for small boys and girls alike, the latter being provided with little serge skirts which are buttoned to the top and ungarnished and can be slipped off when the sands are reached.

A large shady hat is a sine qua non, and nothing is more to be recommended for little girls' beach wear than the large mushroom hat in light straw, which is simply trimmed with bows or choux of white or colored silk. To a certain extent this has taken the place of the large sailing hat, this year, while the lingerie hat is still as much in favor as ever, the round shape representing the most popular style. This latter should, however, be of the description which takes to the beach easily, and at a pinch be laundered. "In the nursery bath," without the amateur laundress having to consider the question of safflower or the difficulties of "getting up" frills. The best for the purpose is the sun hat which is made of two circular pieces, the crown portion being buttoned to the brim.

Men of science attending the recent meeting of the great British association at York listened with profound attention to a delightful little dissertation on dolls which was given by Sir Lander Brunton.

"Physical education," he said, "begins with habitude, and the proper way to care for babies should be taught in the schools."

"I should like to see established in every school a class for the care of dolls. Every girl should have a washable, unbreakable doll which should be, for the time being, her baby."

"She should be taught how to wash dolls, how to feed dolls, how to treat dolls's sore throat or stomach ache, how to make clothes for dolls, how to take dolls out for exercise, how to hush dolls to sleep, how to provide dolls with fresh air, and how to protect dolls from chills."

"In fact, all the information that the girl will afterward need for bringing up her own babies might be imparted in a concrete form, in a way that they would enjoy, and in a way that could be remembered."

A novel scheme for taking a holiday tour without cost has been evolved by some girls living at Clapham. They propose to hire a caravan, and tour the country as amateur gypsies, selling various wares to pay expenses.

"We have often talked over the feasibility of such an idea," the leader of the party explained. "This year we are going to prove that it is possible."

"The party will consist of five girls, friends and myself. We have hired our caravan, and have made it look very smart with white muslin curtains tied up with pink ribbons, and window-boxes of pink and white flowers."

"We are not going to start from Clapham, as it would cause too great a sensation, but we shall join our caravan in Kent, and tour through that county, Surrey and Sussex."

"Our costumes are to be crimson linen, with white aprons and red handkerchiefs tied around our heads. We are going to do all our own cooking, and even look after the horse. One of the party can drive, harness and groom."

LUCK CHARMS IN NEW JEWELRY

Among the new designs recently shown by a firm of London jewelers are a number of pins, rings, bracelets and other articles which have the shape of the old Egyptian symbols of good luck.

The "ankh," which has the form of a cross with three arms and a ring in place of the fourth arm at the top, is the Egyptian symbol of long life, happiness and prosperity, while the "neph" the shape of which suggests a key, is the good luck charm. Separately and in combination these charms are seen in various pieces of jewelry, several of which are extremely handsome.

Some of the charms are studded with diamonds, some in colored stones, while they are also seen in plain gold, and the least expensive are done in enamel. The bracelet, a design showing the double "ankh," is set in diamonds; so is the "ankh" ring, and the charm, too. The large brooch, in which the "ankh" and the "neph" are combined, is set in diamonds and olivines, and the smaller brooch in the same design is enamelled. These charms are odd in shape and unique enough to appeal even to those who have no unlimited faith in their powers of bringing good luck to the owner.

The long-neglected jeweled heart is in favor again, and is making its appearance in the most beautiful and even watches. Many of these heart designs are beautiful in the extreme. Rings show tiny ruby, emerald and sapphire hearts surrounded by a double row of diamonds. The newest watches, dainty trifles, which are pinned on lingerie waists or worn on a slender gold chain, are heart-shaped, and in pendants of all varieties and prices the heart is frequently seen.

EVOLUTION OF THE WOMAN'S SWEATER

She was a clever woman who first adopted the sweater to her own use. More than that, she was a brave woman, for the sweater, in its earlier stages was scarcely to be considered a becoming garment, particularly as its shape and general appearance were not enhanced by being built on the same pattern as the shirt worn by the men.

The evolution of the woman's sweater has been gradual, but it has been going on, just the same, until it has shape and style and beauty as well as comfort and warmth. The sweater that was slipped on over the head and that made most girls look like frights by the time they had struggled through the heavily-ribbed collar, the sweater has developed into a trim, well-fitting article of clothing that is gotten into in respectable way.

It is made single-breasted and double-breasted, trimmed with fancy collars, and plain, finished with and without belts, has standing collars and no collars at all, but in any style or color it is as useful as it is pretty.

SUNSHINE FOR THE HAIR.

There is no better tonic for the hair than sunshine. Sit outdoors in the sunshine on hour every day. Loosen the hair and let the sun shine on it, and the air blow through it. In the summer days go without a hat as much as possible. The hair needs to be ventilated to keep it healthy. Airing and brushing the hair every day not only keeps it sweet and clean, but is good for the scalp also. The sun will soon cure any disease of the scalp and make it healthy and active, and a healthy scalp makes strong, beautiful hair. Brushing the hair every day, "a hundred strokes," as our grandmothers used to say, will make it soft and glossy as silk.